



San Antonio
OASIS
Lifelong Adventure

A lot of wonderful exciting things happened for San Antonio Oasis in 2023, including the opening of our new classroom at the Chandler House! We started classes in February and held an open house in March. Thanks to our partner Morningside Ministries, we have a dedicated Oasis classroom inside the historic Chandler House. We welcome Oasis members to come and check out our new site.

In 2023 San Antonio Oasis held over 1,300 classes at 15 different locations. Our membership exceeds 28,000 members with over 250 older adult volunteers. Our volunteers are vital to our organization with older adults serving as tutors, Silver Connect volunteers, office staff and other committees. Oasis volunteers gave over 15,000 hours serving the community.

Oasis is continuing its work decreasing social isolation in older adults, by providing opportunities for social connections through attending lifelong learning classes, attending wellness programs and volunteering. The Oasis Silver Connect program has seen tremendous success with its chat line. The chat line is receiving over 150 calls per month from older adults who just need someone to listen.

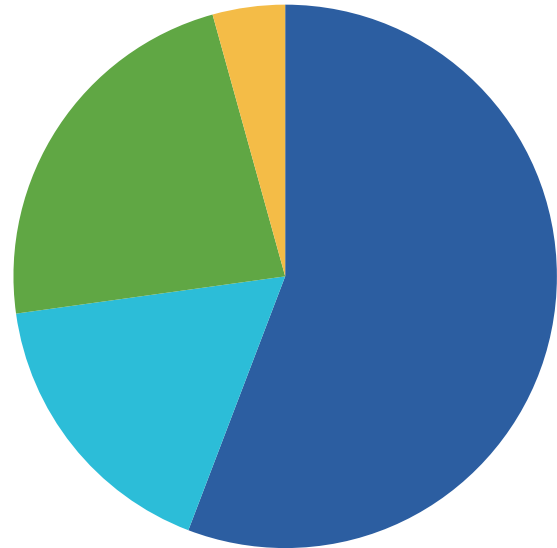
We are so fortunate that we can touch so many lives through our programs. In the 2023 annual survey 87% of participants stated that Oasis had enriched their lives.

We are excited about the future and we appreciate the continuing support from our partners, funders, volunteers and members.



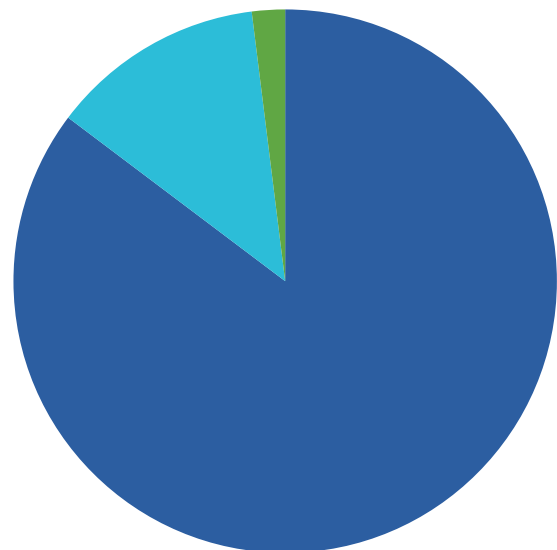
Brenda Schmachtenberger
Executive Director
San Antonio Oasis

2023 San Antonio Oasis Financials



Revenue | \$987,280

- \$550,891
Grants & Other Contributions
- \$167,949
Program Revenue
- \$225,914
In-kind Contributions
- \$42,526
Other



Expenses | \$1,022,724

- \$872,148
Program Expenses
- \$130,450
General & Administrative
- \$20,126
Fundraising

Inspiring Wellness & Community: Eleanor's Journey with San Antonio Oasis

When San Antonio Oasis needed an instructor for one of their health programs, Texercise, 91 year-old retired nurse, Eleanor Parker answered the call. **Her story is a testament to the mission of Oasis, and the power of community and lifelong learning.** Eleanor's journey with Oasis began nearly 15 years ago, thanks to a friend's recommendation. Though she initially had limited time to participate, retirement gave her the perfect opportunity to dive deeper into the programs Oasis offers.

Eleanor's transition from nursing to leading the Texercise program was a seamless one. "I started taking the programs, and that's when I really became involved," she shares. The organization's call for instructors piqued her interest, and soon she found herself certified through the Arthritis Foundation in both exercise and aquatic programs. "It was a natural segue after working as a nurse in healthcare," Eleanor reflects, explaining how her background in inpatient physical rehabilitation informs her approach to teaching.

The Texercise program is particularly meaningful to Eleanor because it serves an older population, many of whom face challenges like arthritis. **"I enjoy seeing those who are really trying, and what they achieve when they work through the program,"** she says. Her students' enthusiasm and progress are a source of joy and motivation. The curriculum, made by Eleanor herself, incorporates movements designed to maintain flexibility and strength, helping participants manage their arthritis and stay mobile.

One of the most rewarding aspects of leading Texercise is the camaraderie that forms among participants. "They know each other by name, and they'll yell out funny things to one another during class," Eleanor notes. **This sense of community extends beyond the exercise sessions, with participants supporting each other and celebrating each other's milestones, no matter how small.**

Eleanor finds personal fulfillment in her role as an instructor. "My exercise class gives me a focus and a goal," she says. Keeping the class exciting and engaging is a priority for her, and the fact that participants return week after week is a testament to her success. The interaction



and support she receives from the group have also **led to unexpected friendships and social opportunities, enriching her own life.**

Eleanor's experience as a nurse has given her a unique perspective on aging and activity. She emphasizes the importance of staying active and social, regardless of age. "You have to know what your limitations are, but at the same time, I don't like hearing people say, 'I'm too old to do this'—if that's what you want to do, just try it!" Her classes are a space where participants are encouraged to push their boundaries safely and embrace a positive mindset.

Eleanor's story is a powerful example of how Oasis fosters not only physical wellness but also community and personal growth. **At Oasis, you will find more than the typical aging narrative – we see the potential for older adults of all backgrounds and in all communities to pursue vibrant, healthy, and meaningful lives.**

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